

LIVE LIKE A YOGI SUMMER CAMPS

Packages will offer a truly unique opportunity for YOUTH and TEENS to learn and experience authentic yoga and meditation in fun ways. Classes are designed to enhance self-awareness and self-management, balance mind and body, develop concentration, relaxation and visualization through practicing classical yoga. Students will also hear about the lives of great yogis, create art, ask questions...

June 21 – June 25, 2010 (Week 1 Monday through Friday)

10:40a.m.-12:40p.m. (Youth: ages 8-12)

1:00-3:00p.m. (Teens: ages 13-18)

June 28 -July 2, 2010 (Week 2 Monday through Friday)

10:40a.m.-12:40p.m. (Teens: ages 13-18)

1:00-3:00p.m. (Youth: ages 8-12)

July 12 -July 16, 2010 (Week 3 Monday through Friday)

10:40a.m.-12:40p.m. (Teens: ages 13-18)

3:00-5:00p.m. (Youth: ages 8-12)

August 2 – August 6, 2010 (Week 4 Monday through Friday)

10:40a.m.-12:40p.m. (Teens: ages 13-18)

1:00-3:00p.m. (Youth: ages 8-12)

Fees:

\$150.00 before May 31, \$165 after per person per week

10% discount for 2 people from the same household

Location:

1904 Federal Blvd.

Ann Arbor, MI 48103

Classes will be instructed in small groups (8-12 students)

by Yoga Master and Teacher Ema Stefanova, M.A. E-RYT500.

REGISTER ONLINE at www.YogaAndMeditation.com

QUESTIONS? Call 734-665-7801, e-mail EmaStefanova@cs.com